



## 2016 Okanagan Cup #1 & Zone 2 BCWG Trials

**Race Event:** Saturday, January 2, 2016- 11:00am Interval start,  
Classic Technique

**Race Location:** Mt Macpherson Ski Area, Revelstoke, BC

**Host Club:** Revelstoke Nordic Ski Club [www.revelstokenordic.org](http://www.revelstokenordic.org)

**Directions to Mt Macpherson Ski Area:** 300 meters west of the Columbia River Bridge turn south on Highway 23 South at the lights. Drive 7.3 kms, turn right off the highway at the [Revelstoke Nordic Lodge](#) and the Mt Macpherson Trails.

**Race Committee:** **Chief of Competition: Mike Thomas ~ 250-200-0342 ~**  
[mike@urbanworkbench.com](mailto:mike@urbanworkbench.com)  
Chief of Timing: Richard Brittin  
Chief of Course: Kurt Grabinsky  
Chief of Stadium: Brad Park  
Race Secretary: Koreen Morrone ~ 250-814-8898 ~  
[koreenmorrone@gmail.com](mailto:koreenmorrone@gmail.com)

**Eligibility:** Ski licenses are not required. Teck Okanagan Cup series is meant to be affordable & accessible to all skiers living in the Okanagan from children and their parents to advanced skiers. Para Nordic will be included if requested.

**Rules:** CCC Rules and Regulations apply, even though this is an unsanctioned event  
<http://www.crosscountrybc.ca/rules-and-regulations>

**BC Winter Games Eligibility:**

Refer to

<https://www.bcgames.org/Sport/TechnicalPackagesandRules/BCWinterGames/GeneralRules.aspx>

In addition, the following age restrictions apply – all competitors must be either 13 or 14 years of age as of December 31st 2015. This means that eligible athletes were born in 2001 (Juvenile category), or 2002 (Midget category).

Athletes born in 2002 may compete in the Midget or Juvenile age category. Athletes born in 2001 must compete in the Juvenile age category. Once an athlete has chosen which age category they will compete in, they must remain in that category for the duration of the Games. Please email race secretary [koreenmorrone@gmail.com](mailto:koreenmorrone@gmail.com) to confirm correct registration category.

**BC Winter Games Zone Team Composition:**

<https://www.bcgames.org/Sport/TechnicalPackagesandRules/BCWinterGames/Skiing-CrossCountry.aspx>

Eight able-bodied competitors per zone (4 male; 4 female) plus eight competitors with a disability will be selected. There are no zone allocation restrictions for competitors with a disability - eight athletes in total. Top two (2) Eligible Finishers in the Zone Trials Race in each of the following four categories: Midget Boys (2002 YOB), Midget Girls (2002 YOB), Juvenile Boys (2001 YOB), Juvenile Girls (2001 YOB). All skiers must compete in their zone trials in order to qualify for the BC Winter Games.

- Race Entries:** Online Zone4 registration:  
<https://zone4.ca/reg.asp?id=10870>  
Registrants are responsible for their own online processing fees.
- Entry Deadline:** Tuesday, **December 29, 2015 at 10:00 PM** - ***NO late entries will be accepted***
- Draws:** Start position within category will be determined by random draw. There is no seeding. The draw will occur on Wednesday, December 30th.
- Start lists/Bibs:** Start lists will be posted Thursday, December 31st on-line at [www.zone4.ca](http://www.zone4.ca) and at the Nordic lodge on the morning of the race. Bibs will be distributed at the Revelstoke Nordic Lodge on Saturday morning 8:00am to 9:30am.

**Club Aggregate Award:**

Club points are accumulated for each race in the Okanagan Cup series and an award is given to the club with the most points at the end of the final race. Points are earned for top 5 finishers and for participation! So encourage your club to attend all Okanagan Cup races.

**Awards:**

- 7 & under (Atoms) - Teck participation ribbons for all
- 8 years (first year Pee Wees) - Teck 1 to 5 ribbons for top 5 finishers; participation ribbons to all others
- 9 – 14 years - Teck medals for top 3 finishers; Teck ribbons for 4<sup>th</sup> and 5<sup>th</sup> finishers
- Tough Cookie Award (athlete who overcame the most adversity during the event, with a positive attitude)
- Wax Wizard draw prize
- Edible medals for top three men and women finishers in each category from 15 years up
- Masters 102+ overall athlete will receive the keys to the community :)

- Concession:** A concession will be available in the Nordic Lodge with hot soup and chili for purchase

**Waxing:**

There is limited power supply and teams may have to share a connection. Power bars are strictly prohibited. There are six exterior plug-ins available. Tent coverage for group waxing may be required.

**CCBC Glide Waxing Protocol for Midget Age Categories and Younger**

Cross Country BC respectfully requests all coaches, wax technicians, and parents abide by a self-governed protocol while waxing skis for athletes racing in the Midget age categories and younger. This request applies to all local, regional and provincial events taking place in British Columbia (e.g. Championships and the BC Winter Games). This request also applies to athletes traveling to BC from out-of-province or out-of-country.

The recommended **glide** waxing protocol is as follows:

- Non-Fluoro (NF) or Low Fluoro (LF) glide waxes ARE permitted
- Medium Fluoro (MF) or High Fluoro (HF) glide waxes are NOT permitted
- Pure Fluoro glide waxes (powders, pucks, blocks and liquid) are NOT permitted
- Cold weather powder additives and hardeners are NOT permitted

The adherence to this protocol is self-governed and is the responsibility of the coaches, parents and wax technicians.

**Course Inspection/Wax Testing:**

The race courses will be marked and open for inspection by noon Friday January 1, 2016. The Lodge and courses are open until 9:30pm on lit trails. The courses will close 30 minutes prior to the race start. Wax testing lanes on the left side of Main Loop.

**Trail Passes:**

Trail passes are included with race fees for all competitors. Those wanting to recreational ski during the event must have a valid trail pass. Skiing alongside the race courses during competition WILL NOT be permitted.

**Course & Stadium Maps:**

All maps will be posted to <http://www.revelstokenordic.org/tech-ok-cupbc-winter-games-tt/course-maps-for-bc-cup/>

**Weather/Snow Phone:**

Trail and snow conditions can be obtained by calling the Revelstoke Snow Phone at (250) 837-7303 or on our Facebook Page Revelstoke Nordic Ski Club <https://www.facebook.com/revelstokenordicskiclub>

### **Cancellation Policy:**

75% refunds will be provided to participants who wish to withdraw provided notice of withdrawal is emailed to the Race Secretary [koreenmorrone@gmail.com](mailto:koreenmorrone@gmail.com) no later than six days prior to the event on December 27th at 10pm. Zone 4 online booking fees are non-refundable.

**Please Note!** As this is a BCWG Trial this event **WILL NOT** be cancelled regardless of road closures, which are a possibility this time of year. Please check [www.drivebc.ca](http://www.drivebc.ca) for current road conditions. We recommend staying in Revelstoke the night before the race.

### **Parking:**

Parking at the Nordic Ski Centre is limited. Only cars with 4 or more people will be allowed to park. Drop offs will be permitted. Do not park on HWY 23S.

A parking lot will be available 7 km north of the ski area to use as a self organized meeting area for car pooling. See RNSC website for a map showing the location of the ski area and the car pooling parking lot.

### **Revelstoke Accommodation:**

Accommodations in Revelstoke book up quickly during the holiday season. If you are planning on spending the night in Revelstoke, it is advised to book a hotel early. Please see below for a list of accommodations or visit Revelstoke Accommodation Association at [www.stayinrevelstoke.com](http://www.stayinrevelstoke.com)

1. Revelstoke Lodge 1-888-559-1979
2. Best Western Plus 250-837-2043
3. Sandman 1-800-726-3626
4. Super Eight 1-866-926-0888





**RACE CATEGORIES & COST:**

Saturday January 2, 2016 ~ Individual Classic Start Technique ~ 11:00am start

Category	Age M&F	Year Born M&F	Distance	Fee per race
Atom	7 & under	2008-2010	1.5km	\$5
Pee Wee	8-9	2006-2007	1.5km	\$5
Bantam	10-11	2004-2005	2.5km	\$10
Midget	12-13	2002-2003	3.75km	\$10
Juvenile	14-15	2000-2001	5km	\$10
Junior B/G	16-17	1998-1999	2 x 3.75km	\$10
Junior M/W	18-19	1996-1997	2 x 5km	\$15
Open	20-29	1986-1995	2 x 5km	\$15
Masters 30-39	30-39	1976-1985	2 x 5km	\$15
Masters 40-49	40-49	1966-1975	2 x 5km	\$15
Masters 50-59	50-59	1956-1965	2 x 5km	\$15
Masters 60-69	60-69	1946-1955	2 x 5km	\$15
Masters 70+	70+	1947 <	2 x 5km	\$15

Age as of December 31, 2015

**GOOD LUCK TO ALL RACERS!**

ARE YOUR  
DREAMS  
COLOURED  
WITH GOLD?



The BC Winter Games is your chance to compete against the best in the province. This once in a lifetime experience is waiting for you.

This is where it begins.



*Unleash your potential.*

[BCGAMES.ORG](http://BCGAMES.ORG)

